



American Red Cross

Level 2 – Fundamental Aquatic Skills

Instructor: _____

Date: _____

Student's Name

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Water Entry and Exit										
Enter water by stepping or jumping from the side										
Exit water safely using ladder or side										
Breath Control and Underwater Swimming										
Submerge entire head										
Bobs										
Open eyes underwater, pick up a submerged object										
Buoyancy on Front										
Maintain front float position (face in water)										
Recover from front float to standing position										
Front glide										
Float in face-down position (jellyfish float)										
Buoyancy on Back										
Maintain back float position										
Recover from back float to standing position										
Back glide										
Changing Direction and Position										
Change direction of travel paddling on front or back										
Roll over from front to back										
Roll over from back to front										
Treading										
Using arm and leg motions										
Swim on Front										
Combined arm and leg actions on front										
Swim on Back										
Finning arm action										
Sculling arm action										
Combined arm and leg actions on back										
Swim on Side										
Alternating leg action										
Simultaneous leg action										
General and Personal Water Safety										
Water safety rules										
How to use a life jacket										
Move in the water while wearing a life jacket										
Helping Others										
How to recognize a swimmer in distress										
How to get help										
Exit Skills										
Exit Skill 1										
Exit Skill 2										

Exit Skills Assessment:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.